

From Barbara Watson, "Dairy-free & Delicious" show 03032

Nut Milk

- 1 c. raw cashews
- 4 1/2 c. water
- 1 tsp. lemon juice
- 1-3 Tbsp. honey
- 1/8 tsp. salt

Blend all ingredients and serve cold.

Barbara Watson

Cream of Broccoli Soup

- 5 1/2 c. Nut Milk
- 1/3 c. cornstarch
- 3 c. chopped, steamed broccoli
- 2 Tbsp. nutritional yeast flakes
- 1/2 tsp. garlic powder or 1 clove pressed
- 1/2 c. chopped steamed onions or 2 Tbsp. dry onion flakes
- 1 tsp. salt
- 1 Tbsp. tahini

1. Heat 4 cups nut milk, nutritional yeast flakes, garlic powder, tahini, & salt.
2. Mix cornstarch with remaining 1 1/2 c. milk.
3. Add to heated milk & cook on low heat, stirring constantly until thickened.
4. Add steamed broccoli & onion.
5. Serve hot.

Barbara Watson

Quick & Easy "Cheese"

- 12.3 oz. silken extra firm tofu
- 2 1/2 Tbsp. tahini or sesame seeds
- 1/3 c. pimentos
- 1/4 c. water
- 2 Tbsp. nutritional yeast flakes
- 2 Tbsp. lemon juice
- 3/4 tsp. salt
- 1 1/4 tsp. onion powder
- 1/4 tsp. garlic powder

Combine all ingredients in blender and process until smooth.

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Pita Pizza

whole wheat pita bread
spagetti or pizza sauce
Quick & Easy "Cheese"
Crumbles or Oat Burgers
your favorite veggies for toppings
italian seasonings

Preheat oven to 400 degrees.

1. Spread sauce over pita bread.
2. Cover with toppings of your choice.
3. Spoon cheese on top or use a commercial soy mozzarella.
4. Sprinkle with Italian seasonings.
5. Bake at 400 for 10 minutes.
6. Serve immediately.

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Sesame Sprinkle

1 c. hulled sesame seeds
1/4 c. nutritional yeast flakes
1 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. salt

1. Place all ingredients into dry blender or 1/2 recipe at a time into an electric coffee mill.
2. Mill until seeds are ground & ingredients are well combined.
3. Serve with lemon juice over your favorite salad, bread, or use as a Parmesan substitute.

Freezes well

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Onion Dill Dip

1 recipe Tofu Mayonnaise
1 Tbsp. lemon juice
2 tsp. dill weed
1 1/2 tsp. onion powder

Combine all ingredients & serve chilled with chips or raw veggies.

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Carob Brownie Cake

2/3 c. whole wheat pastry flour
1/2 c. carob powder
1/3 c. Sucanat or date sugar
3/4 c. non-dairy milk
1 Tbsp. Ener-G Baking Powder
1 tsp. vanilla
1/3 c. honey
3/4 c. chopped nuts
1 Tbsp. powdered coffee substitute
1/2 tsp. salt

Preheat oven to 400 degrees.

1. Combine dry ingredients in one bowl & wet in another.
2. Prepare 8 x 8 inch pan with nonstick spray.
3. When oven is hot, mix together dry & wet ingredients.
5. Stir quickly & place in oven immediately.
6. Bake at 400 for 5 minutes then reduce heat to 350 and continue baking for 25 minutes.
7. Cool & top with Carob Fudge Sauce.

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Carob Fudge Sauce

3 Tbsp. carob powder
3/4 c. water
1/2 c. dates
1 Tbsp. peanut or almond butter
1 tsp. vanilla
1/8 tsp. salt
1 tsp. instant coffee substitute

1. Heat carob powder, water & dates until dates are soft & mixture becomes glossy.
2. Combine this mixture with remaining ingredients in blender & blend until smooth.

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